

TRAVEL THE PORTAL

IMPROVEMENT THROUGH INTROSPECTION

My Daily Supplement Regimen

Here's a one-page list of the common daily supplements I take to maintain and improve my health. I'm also including the uses for which I take these supplements.

- **Serra Enzyme:** Aches, Joint Health, Clears Arteries, Anti-Cancer
- **D-Lenolate:** Anti-viral, Anti-bacterial, Immunity & Immune system booster. [EastParkResearch](#)
- **Indium:** Trace Minerals, Energy. [EastParkResearch](#)
- **Se-Methyl-Selenocysteine:** Prostate, Heart
- **Spirulina:** Green Food, Vitamin A, Overall Health
- **Chlorella:** Superfood, Heavy Metal Cleanser
- **OregaResp:** Respiratory Health, Sinus. [NAHAS](#)
- **OregaMax:** Immunity & Immune System Booster. [NAHAS](#)
- **Oreganol:** Immune System & Blood Sugar regulator. [NAHAS](#)
- **Bazucar:** Blood Sugar Regulation. [EastParkResearch](#)
- **Curcumin 98:** Immunity, Anti-Inflammatory (mental and physical health boosts), Anti-oxidant, Improved Brain Function, Lower Risk of Heart Disease
- **Calcium + Vitamin D:** Combat bone loss, enable other supplements to work to full potential

Bonus:

- **Flu-ban:** Anti-flu, Anti-cold, Take at onset of any kind of 'under-the-weather' symptoms

www.EastParkResearch.com

www.NorthAmericanHerbAndSpice.com